

Road to Good Health Program

CASE STUDY

About the Road to Good Health program

The Road to Good Health program is funded by the Victorian Government and coordinated by Diabetes Victoria to support Aboriginal health professionals to promote healthy lifestyles and encourage individuals, families and community groups to make healthy lifestyle choices.

The free six-month program offers a supportive and flexible environment for Aboriginal and Torres Strait Islander people to learn how to improve their diet, physical activity and stress management.

Meet Jade Kelly – Road to Good Health Facilitator

Jade Kelly is a Mutthi Mutthi Wemba Wemba woman located in north-west Victoria. She is a registered nurse and credentialed diabetes educator who has worked in Aboriginal health for more than 10 years.

After identifying gaps in health education and health outcomes within her community, Jade decided to become a facilitator at the Road to Good Health program.

“It is so important for me to raise awareness that from 18 years old you can receive support to develop healthy lifestyle changes,” explained Jade.

Through the program, Jade helps participants foster the skills needed to support a healthy lifestyle and offers additional nutrition education, budgeting strategies, recipes, exercises and health challenges, which are all met with enthusiasm.

During 2020, the Road to Good Health program was put on hold due to COVID-19. When Jade announced that she would be offering the program online later that year, her community was excited. This response is a testament to the positive impact that Jade and the Road to Good Health program have had on local Aboriginal communities.

The new online structure saw Jade adopting the use of private Facebook groups, where she could share a range of live and pre-recorded resources and interact with and actively involve all participants in online health activities.

Jade enjoys the flexibility of the online program because it allows her to design sessions that fit into her participants busy lifestyles and ensures that the topics delivered reflect what her participants are most interested in.

“Through tailoring the sessions to meet the needs of my participants, they are more likely to walk away from the program with education that is relevant to them, their culture and their unique situations,” said Jade.



**Are you Aboriginal and/
or Torres Strait Islander
and looking for a flexible
program that will
improve your health?**

Check your eligibility for the Road to Good Health program today by taking our Risk Test or by emailing us at rtgh@diabetesvic.org.au or calling 13 RISK (13 74 75).

17 out of the 19 participants who have completed the Road to Good Health program with Jade rated their experience as either **'very good'** or **'excellent'**.



“ I struggled with weight loss but since joining the Road to Good Health program with our local Aboriginal diabetes educator Jade, I have been supported, guided and directed to make diet and lifestyle changes.

I shocked myself when I jumped on the scales with the weight loss. Having the flexible program delivery certainly helped, Jade is always posting inspirational quotes, easy recipes and motivating me to get up and go for a walk and stay active. ”

– Malinda, Road to Good Health participant

